

## Utilization of Music Therapy in the ICU Setting

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# Utilization of Music Therapy

## in the ICU Setting

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### ABSTRACT

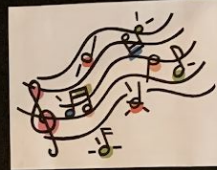
This topic was selected in the hopes of bringing awareness to music therapy and the positive benefits it can have on patients in a high stress environment. The evidence shows that music therapy can have a positive effect on patient outcomes and is a cost-effective measure that hospitals can easily implement. The education needed to implement this intervention would be geared toward patients that nurses could present to their next pain report.

### PROBLEM

Many patients in the intensive care setting have many different stressors and pain present. While pharmacological methods are very effective, it is also very important to explore and implement the non-pharmacological methods also. Music therapy is very effective in providing relaxation for patients which can promote pain control. This is very important because this simple method could improve patient outcomes.

### THEORETICAL FRAMEWORK

The theoretical framework that supports this topic is Katherine Kolcaba's theory of comfort. A loud and chaotic environment can negatively affect the healing process of patients (Kirkley, Murphy, Johnson, 2014). Kolcaba saw comfort as a holistic experience that enhances feelings of wellbeing. She found that comforting could be achieved in many ways, one of which being music therapy. Music therapy helped produce relaxation and tranquility in patients. This can be especially important for patients in an intensive care setting who can be overstimulated very quickly because of the busy nature of the unit. This theoretical framework is extremely vital to nursing and specifically this intervention of music therapy because it supports how important psychological needs are and how music can improve this.



### EVIDENCE-BASED PRACTICE

#### Effect of Preferred Music Listening on Pain Reduction in Mechanically Ventilated Patients After Coronary Artery Bypass Graft Surgery

Journal of Research in Complementary Medicine By: Christoffel, A., Kyratzis, M., Kurland, S., Johnson, R., Anderson, R., Sotgiu, A., & Chabinski, B.

#### The Effect of Live Spontaneous Harp Music on Patients in the Intensive Care Unit

Journal of Evidence-Based Complementary and Alternative Medicine By: Chastain, A., McWhorter, N. L., McLaughlin, T., Cook, P., & Smith, B. (2017).

#### Intensive Care Unit: A Randomized Controlled Trial with Mixed-Method Analysis

Journal of Integrative Medicine Insights By: Ames, N., Haddock, R., Yost, L., Montagna, B., Papp, M., Wilson, P., ... Walker, G. B.

This study looked at the effect of music provided at the bedside. The music intervention was conducted before or after a painful stimulus was scheduled to occur. To evaluate the patients pain level, they asked the patients their pain rating score before and after the intervention. From the results they found that one possible mechanism by which listening to music can exert beneficial effects is through increased relaxation (Chastain, McWhorter, McLaughlin, Cook, Smith, 2017). This is supported by a 27% reduction in patient reported pain after the music intervention. From this study it can be concluded that music can significantly decrease a patient's pain perception and rating. This study also supports the introduction of music into the intensive care setting as a non-invasive mean to reduce patient pain.

This study was aimed at evaluating the effect of preferred music listening on behavioral measures of pain. This study was conducted because pain medication cost is on the rise and listening to music is a low-priced noninvasive method with low complications that can be used successfully as a safe nursing intervention in the hospital. The music is beneficial to patients because it distracts them and allows them to focus on other things rather than just pain. With this being said, it is also believed that music strengthens the immune system and increases comfort. Overall this study concluded that patients reported pain at a lower level after the music intervention was implemented, which supports that music listening can reduce pain in patients through a diversion from pain and conversion of negative experiences into more enjoyable ones (Kyratzis et al., 2014).

Music has been used as a means of reducing patient anxiety and is a low cost, highly feasible, and carries a low risk of adverse effects. Music can be used to distract patients and get their attention off of unpleasant stimuli, like pain. Each group were given a fifty-minute time period for which they either listened to music or relaxed. Many of the patients in the music group reported that the music helped them relax and allowed them not to focus on the pain they were experiencing as much. They also reported that the noises in the intensive care setting made them uncomfortable and that the music also helped with this. Also, they reported that the relaxation the music provided allowed them to sleep better. The results of the study found that Music is an integrative, complementary modality that could provide a safe and simple intervention to critical care patients (Ames et al., 2017).

### RECOMMENDATION FOR PRACTICE

Creating change can often be challenging when thinking about the cost. However, the small added cost of obtaining listening devices for the intensive care patients would be very beneficial and improve patient outcomes. The best way to implement this would be to talk with unit managers about obtaining the devices then hold a staff meeting for all staff members to be educated on the benefits for utilizing music in the intensive care setting. The location of the devices would also need to be discussed during this meeting to ensure that all staff are aware of the resources available to them and their patients. To encourage staff participation in this method, the nurses would need to start the use of music and have education on the topic readily available. This implementation could bring about a positive change to the unit that will improve the outcomes of patients on the unit.

### SUMMARY

Since nursing is evolving each and every day it is important to evolve with these changes in order to provide the best care possible to the patients. With this being said, it is also important not to forget the less challenging ways to improve patient outcomes, such as music therapy. The utilization of music can reduce the pain patients are experiencing, and it can also promote relaxation for these patients. The nursing theory of comfort supports the use of music. Learning and evidence-based practice backs it up. Music could improve many patient outcomes and allow patients to reduce some of their stress in this high sensory environment. The music therapy is also a cost-effective way to promote patient comfort and improve patient outcomes. Nursing is focused on the patient and if a simple tool such as music can change a patient outcome for the better then it is the duty of all nurses to implement that change with the patient's best interest in mind.

### REFERENCES

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